

AMENDMENTS TO THE SPECIFICATION:

Please add the following paragraph to the specification on page 1 after the Title of the invention:

CROSS REFERENCE TO RELATED APPLICATIONS

This application is a National Entry Application of PCT Application No. PCT/CA2004/001006, filed on July 14, 2004, which itself claims priority on U.S. Application No. 60/486,465, filed on July 14, 2003. All documents above are herein incorporated by reference.

Please add the following abstract:

ABSTRACT

A vertically adjustable fixture, such as a ceiling hook, comprises a base member adapted to be secured to an overhead surface, e.g. a ceiling, a beaded cable retractable in and extendable out of the base member, and a hook at a lower end of the cable for connection to an article such that the article may be suspended from the ceiling. An extension/retraction mechanism provided in the base member includes a fixed axle and a reel rotatable around the axle, with a spring force existing therebetween, the cable being partly wound around the reel. The elevation of the hook is maintained by one of the beads of the cable firmly lodging, in a locked position thereof, in a recess defined at the bottom of the cover. Manipulation of the cable to dislodge the bead from the recess unlocks the cable, thereby allowing the elevation of the hook to be adjusted.